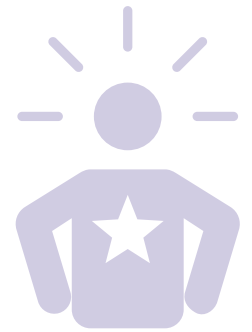


BUILDING SKILLS AND RESILIENCE



Case study 1:

Jack (Ocean Youth Trust Scotland)

Jack lives with his siblings at his grandparents house as his mum is unable to care for him. He regularly displayed violence and aggression towards his family and struggled to maintain positive and safe relationships. This was negatively impacting other members of his family, and prior to joining the programme he was assessed to be on the edge of care.

Programme staff say “the impact of the programme on Jack has been amazing. [...] **It has developed his life skills such as working as part of a team, cooking and self-care.** His social workers and family have also witnessed benefits from his participation.” There are no plans to remove Jack from his grandparents. He now has a peer network and communicates outside of arranged activities.

Case study 2:

L (Avenue Confidential)

L joined the programme through social workers, who felt it would be a good opportunity for them to build confidence and feel less isolated. L had been the target of premeditated bullying at school which was impacting their attendance and wellbeing.

L was initially apprehensive, but over time was able to recognise their accomplishments in developing their own artistic style. They were particularly proud of their interaction with group members, and surprised to be “making new friends - I’m not good at that, I get bullied all the time.” Instead, they were “**meeting people and getting on with it and not feeling left out.**” L’s attendance improved, and staff are supporting them to access other services.

